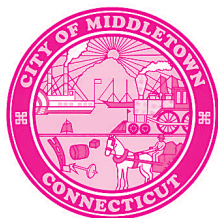


MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+



61 Durant Terrace



(860) 638-4540

www.middletownct.gov/seniors



DECEMBER 2015

1st Annual Senior Services Holiday/Anniversary Extravaganza

Wednesday, December 16th 9am-5pm

Breakfast, Entertainment, Craft Projects, Holiday Movie, Holiday Exercise Class, Cookie Decorating, Snacks, Cookie Swap, Music, Crazy Bingo and Dinner

We are thrilled to announce our first annual Senior Services Holiday/Anniversary Extravaganza. It has been one year since we opened this beautiful, new building. To celebrate, we are hosting this celebratory event featuring a variety of activities. Pre-registration is required for each and every activity you plan to participate in. There is a \$1 non refundable pre-registration fee.

The doors will open at 9am. There are no other activities running this day. If you need transportation, don't forget to make your reservation in advance using our enhanced dial-a-ride service 860-347-3313. If you are driving, please consider car pooling.

Schedule of Events

9:00am—Breakfast (Eggs, Homefries, Bacon, Fruit)	12:15pm—Snack Break	
9:30am—Special Holiday Exercise Class	1:00pm— Cookie Decorating	
9:30am—Holiday Gift Tag Making	1:00pm—Holiday Movie	
10:45am—Amazing Bending Gravity Show with Eric Girardi This is a one-of-a-kind breathtaking performance of object manipulation choreographed to music... to bring once stagnant objects to life as art in motion.	1:45pm—Crazy Bingo	
12:15pm—Cookie Swap (Anyone interested, bring 2 dozen cookies)	2:30pm—Ornament Decorating	
12:15pm—Bob Mosebach Musical Entertainment	3:30pm—North Street Barbershop Quartet Performance	
	4:00pm—Dinner	

Winter Storm Policy

- ◆ Check local news stations for notices of Middletown Public Schools.
- ◆ If school are **CLOSED** for the day, there will be **NO PROGRAMS OR BUS TRIPS**.
- ◆ If schools have a **DELAYED OPENING**, there are **NO MORNING PROGRAMS OR BUS TRIPS**.
- ◆ If schools have an early dismissal due to snow/ice, **AFTERNOON PROGRAMS ARE CANCELLED**.

December 10th at 2pm Holiday “Mocktail” & Appetizer Party

Please join us for our 2nd annual Holiday “Mocktail” and Appetizer Party. We will be serving catered appetizers and “mocktails”. \$2 pre-registration required. Space is limited. Call or stop by to register.

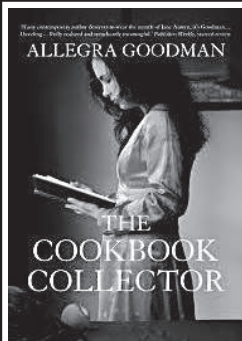


New—Ask An Attorney Program Wednesday, December 2nd 1-2:30pm

Legal questions? Need advice or guidance? The law firm of Farrell & Grochowski, P.C. are sponsoring this new "Ask An Attorney" program. By appointment only, those registering will be given a 15 minute time-slot to meet with an attorney for free. Please be prompt to your appointment and if you need to cancel your appointment, call the office. Space is limited. Based on interest, this will be a recurring program.



Law Offices
Farrell & Grochowski



Monthly Book Club December 28th at 2:30pm

This month we are reading "The Cookbook Collector" by Allegra Goodman. \$3 for the book. All are welcome to participate.

Socialize & Paint

Friday, December 11th at 5:30pm



This month's painting will be Holiday Themed. Come socialize and have fun with friends! This program has been expanded to ages: 18+ and is being co-hosted with the Recreation Division so you can sign-up online or in person. Register early so you don't miss out!

Get Smart About Antibiotics Dec. 3rd at 11:15 am

Sponsored by Water's Edge Center for Health and Rehabilitation. FREE - \$10 Stop & Shop Gift Card raffle for those in attendance



Craft with Heidi Monday, December 14th at 10:30am

Make holiday cards to take home! \$5 to participate and pre-registration is required. Space is limited. Registration closes on December 11th.



Baking Cookies with Ann Tuesday, December 22nd at 1pm

This month we will be making a variety of Christmas cookies. This is a fun, no pressure class where you take home what you make. Please plan to stay for 90 minutes. \$2 and pre-registration is required.



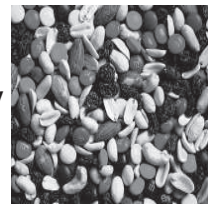
Haircuts by Appointment Fri., Dec 11th 10am-12pm

Sponsored by Water's Edge and Euro-American Connections and Home Care in Berlin. \$3—must have appointment



Make Your Own Trail Mix December 8th at 10am

Choose from a variety of ingredients and make your own trail mix. This great snack can be individually packaged and used all week or given as gifts. \$3 to participate and pre-registration is a must!



Baking Cookies for Santa Tuesday, December 1st at 1pm

Volunteer to assist in making cookies for Santa. All cookies will be given to the children participating in the Recreation program *Pictures with Santa*.



Senior Services Division Contact Information

Main Number:	(860) 638-4540
Fax Number:	(860) 343-5427
Senior Services E-mail:	Seniors@MiddletownCT.gov
Senior Services Website:	www.middletownct.gov/seniors
Acting Director:	Debbie Stanley (860) 638-4501
Senior Services Manager:	Ann Gregg (860) 638-4548
Senior Services Coordinator:	Heidi Geores (860) 638-4541
Senior Services Specialist:	Laura Runte (860) 638-4542
Municipal Agent / ADA Compliance Officer:	Laura Runte (860) 638-4542
Custodian/Program Aide:	John Marion (860) 638-4540
Night Custodian:	Billy Martinez (860) 638-4540
Bus Driver:	Mike Rogalsky (860) 638-4540
Café Manager/Reserve Lunch:	CW Resources (860) 558-5285 (Brian)

Senior & Community Ctr Guided Tours

If you haven't been to our center yet and would like a guided tour. We will be offering a tour on Dec. 17th at 10am.

Recurring Programs/Services

(F) = Free (\$) = Cost Associated

Arthritis Exercise—Thursdays at 12:30pm (F)
Billiards—Anytime (F)
Bingo—Wednesdays & Fridays at 1pm (\$)
Bocce—Anytime / Lessons Fridays at 9am (F)
Blood Pressure Clinic—Tuesdays 12:45-1:45pm (F)
Book Club—Last Monday of the month at 2:30pm (\$ for book)
Cable TV—Anytime (F)
Card Games—Thursdays at 12:30pm & Fridays at 1pm (F)
Ceramics—Mondays & Wednesdays at 12:30pm (\$)
Computers—Laptops are available for use anytime—Instruction usually provided 3rd Friday of the month 9-11 (F)
Cribbage—Fridays at 1pm (F)
Dancing for Joy—Mondays at 1:30pm (F)
Dominoes—Anytime & Mondays at 12:30pm (F)
Exercise—Mondays & Wednesdays 9am & Thursdays 10am (F)
Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$)
Fun with Yarn—Knitting/Crocheting on Thursdays at 1pm (F)
Hearing Screening—3rd Wednesday of the month 12-1 (F)
Lending Library—Anytime (F)
Line Dancing—Thursdays at 2pm (F)
Mahjong—Thursdays 9am-12pm (F)
Massage Therapy—1st & 3rd Monday 9am-2:30pm (\$)
Meditation—Fridays at 11am led by Liz 11am (F)
Middletuners Chorus Practice—Wednesdays at 3pm (F)
Movies—Tuesdays at 12:30pm (F)
Oil Painting—Tuesdays at 1pm (F)
Ping Pong—Check Calendar in this newsletter (F)
Reflexology—By appointment (\$)
Sing-Alongs—Third Tuesday of the month at 12:30 (F)
Tai Chi—Mondays at 10:30am (\$)
Therapeutic Exercise—Tuesdays Dec. 1st & 8th at 1:00pm (F)
Yoga—Wednesdays at 10am (\$)

Community Café Free Lunch Winner

Congratulations to our November winner, Lois DeTullio. Enter for a chance to win a free lunch, compliments of CW Resources.

October's Brain Teaser Winners

Phyllis Biederman, *Gail Burdon, Nancy Clayton, Anamarie Cook, Edward Cook, Joan Fazzino, David Hetrick, Marge Hetrick, Annabelle Malone, Mark Radziwon, Chuck Stanley, Carol Sander, Rosemarie Vecchitto, Priscilla Waite.

Congratulations to all of our winners. Please stop by the Center to pick up the December Brain Teaser.

Educational Health Seminar December 4th at 10:30am

Join us for an educational health seminar on Seasonal Affective Disorder presented by Janet Leonardi, RN.



Medicare Open Enrollment Assistance

• Thursday, Dec. 3rd 9am-3pm

Certified CHOICES Counselor will meet with you one on one to help you complete your enrollment and answer any questions you might have

Appointment is required.

Call 860-638-4540 to schedule.

Transportation (860) 347-3313

Dial-a-Ride—The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$2 one-way. Appointments for transportation must be made at least 1 day in advance 860-347-3313. An application must be on file with Middletown Area Transit.

Enhanced Dial-A-Ride—Adults over the age of 60 who would like free transportation to the Senior & Community Center can contact Middletown Area Transit to schedule a ride. Reservations must be made at least 1 day in advance 860-347-3313. Same day requests cannot be guaranteed. Without a reservation.....

Lunch Served Daily

Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The reservation line can only be answered from 10-12:30 Monday to Friday (excluding holidays). The suggested donation is \$2 per meal. Please call Brian, our café manager at 860-558-5285 for a reservation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00—Foxwoods Casino Bus Trip 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth **NEW** 12:00 Lunch 12:30 Movie in Socialization Room 12:45-1:45 Blood Pressure Clinic 1:00 Baking Cookies for Santa 1:00 Intermediate II Oil Painting 1:00 Therapeutic Fitness	2 9:00-9:45 Exercise 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo	3 9:00-12:00 Mahjong 9-3 Medicare Open Enrollment Event 9:30 Bus Trip—Gingerbread Festival 10:00 Exercise 11:00 Yoga (DVD) 11:15 Get Smart About Antibiotics 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing	4 9:30 Zumba (DVD) 10:30—Health Seminar—Seasonal Affective Disorder 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi-Purpose Room
7 9:00 Exercise 9-3 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 1:30 Pizza & A Movie	8 9:30 Bunco 9:30 Zumba (DVD) 10:00 Christmas Tree Shop/Chips Pub Bus Trip 10:00 Make Your Own Trail Mix 11:00 Guided Meditation with Elizabeth **NEW** 12:00 Lunch 12:30 Movie in Socialization Room 12:45-1:45 Blood Pressure Clinic 1:00 Intermediate II Oil Painting 1:00 Therapeutic Fitness 2:30 Game Show	9 9:00-9:45 Exercise 9-3 Foot Care 10:00 Scrabble 10:00 Yoga 10:30 Wadsworth Antineum /Red Lobster 12:00 Lunch 12:30 Ceramics 1:00 Bingo	10 9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 2:00 Holiday Appetizers and "Mocktails"	11 9:30 Zumba (DVD) 9:30 January Bus Trip Sign-ups 10-12 Senior Haircuts 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi-Purpose Room 5:30 Socialize and Paint
14 9:00 Exercise 10:30 Make Your Own Holiday Cards Craft 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy	15 9:30 Bunco 9:30 Zumba (DVD) 10:30 Westfarms Mall Bus Trip 11:00 Guided Meditation with Elizabeth **NEW** 12:00 Lunch 12:30 Movie in Socialization Room 12:30 Sing-Along with Barbara	16 9am-5pm Holiday / Anniversary Extravaganza Pre-registration is required. You won't want to miss this exciting all-day event!! More information can be obtained at the center. No other programs or	17 9:00 Foxwoods Casino 9:00-12:00 Mahjong 10:00 Exercise 10:00 Guided Tours 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing	18 9-11 Computer Training 9-11 Manicures 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi-Purpose Room

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12:45-1:45 Blood Pressure Clinic
1:00 Autumn Lake Craft
 1:00 Intermediate II Oil Painting
2:00-4 Ping Pong Available

21
 9:00 Exercise
 9:30 Massage Therapy
 10:30 Tai Chi
 12:00 Lunch
 12:30 Ceramics
 1:30-2:45 Dancing for Joy
3:00 December Birthday Party

22
 9:30 Bunco
 9:30 Zumba (DVD)
 10:00 Buckland Mall
 11:00 Guided Meditation with Elizabeth
 NEW
 12:00 Lunch
 12:30 Movie in Socialization Room
 12:45-1:45 Blood Pressure Clinic
1:00 Baking Cookies with Ann
 1:00 Intermediate II Oil Painting
2:00-4 Ping Pong Available

23
 9:00-9:45 Exercise
 10:00 Scrabble
 10:00 Yoga
 12:00 Lunch
 12:30 Ceramics
 1:00 Bingo
1:00-4:00 Ping Pong Available

24
 9:00-12:00 Mahjong
 10:00 Exercise
 11:00 Yoga (DVD)
 12:00 Lunch
 12:30 Arthritis Exercise
 12:30 Cards (Setback)
 1:00 Fun with Yarn Knitting/Crocheting
 2:00 Line Dancing

25
CLOSED FOR THE HOLIDAY

26
 9:00-9:45 Exercise
 10:00 Scrabble
 10:00 Yoga
 12:00 Lunch
 12:30 Ceramics
 1:00 Bingo
1:00-4:00 Ping Pong Available

27
 9:00-9:45 Exercise
 10:00 Scrabble
 10:00 Yoga
 12:00 Lunch
 12:30 Ceramics
 1:00 Bingo
1:00-4:00 Ping Pong Available

28
 9:00 Exercise
 10:30 Tai Chi
 12:00 Lunch
 12:30 Ceramics
 1:30-2:45 Dancing for Joy
2:30 Book Club Meeting

29
 9:30 Bunco
 9:30 Zumba (DVD)
 10:30 HomeGoods/Pier 1 Fishtale
 11:00 Guided Meditation with Elizabeth
 NEW
 12:00 Lunch
 12:30 Movie in Socialization Room
 12:45-1:45 Blood Pressure Clinic
 1:00 Intermediate II Oil Painting
2:00-4 Ping Pong Available
6:30 Civitan Bingo

30
 9:00-9:45 Exercise
 10:00 Scrabble
 10:00 Yoga
 12:00 Lunch
 12:30 Ceramics
 1:00 Bingo
1:00-4:00 Ping Pong Available

31
 9:00-12:00 Mahjong
 10:00 Exercise
 11:00 Yoga (DVD)
 12:00 Lunch
 12:30 Arthritis Exercise
 12:30 Cards (Setback)
 1:00 Fun with Yarn Knitting/Crocheting
 2:00 Line Dancing

Please Note:
The Game Room is closed from December 7th-18th.
Therapeutic Fitness class will only be held on December 1st and 8th. Check back for January dates.

Please Note (continued):
 The Library will be closed December 3rd and December 7th-11th.

The Recreation Division wants to thank you for the donated cardboard rolls and egg cartons. No further donations are needed.



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 400 Saybrook Rd.
 860-347-7466

(Westbrook Office)
 4 Grove Rd.
 860-669-5305

(East Hampton Office)
 240 Middletown Ave.
 860-295-6440



Bus Trips

December

- 1st**— Foxwoods (9-3:30) \$4
3rd— Gingerbread Fest. & Cracker Barrel (9:30-2:30) \$3
8th—Christmas Tree Shop & Chips(10-3) \$4
9th— Wadsworth Atheneum/Red Lobster (10:30-2:30) \$10
15th—Westfarms Mall (10:30-2:30) \$3
17th—Foxwoods Casino (9-3:30) \$4
22nd—Buckland Mall (10-2:30) \$3
29th—HomeGoods/Pier 1 & Fishtale (10:30-3) \$3

January

- 5th**—Mohegan Sun Casino (9-3) \$4
12th—IKEA & Fishtale (9:30-2:30) \$4
13th—Shepaug Damn Eagle Observation & Maggie McFly (10-3) \$4
19th—Christmas Tree Shop & Cracker Barrel (10-3) \$4
21st—Foxwoods Casino (9-3:30) \$4
26th—Sommerset Square & Max Fish (11-3) \$3

NEW POLICY IN EFFECT FOR JANUARY TRIPS. SEE BELOW!

Pizza & A Movie

Monday, December 7th at 1:30pm

This month's movie is "Jimmy's Hall" starring Barry Ward, Simone Kirby, Andrew Scott and Jim Norton. During the Depression, Jimmy Gralton returns home to Ireland after ten years of exile in America. Seeing the levels of poverty and oppression, the activist in him reawakens and he looks to re-open the dance hall that led to his deportation. This month we will be offering a choice of pizza; cheese, sausage, or veggie. Please indicate your choice when you pre-register for this program. \$3 to participate in this program. Registration closes on Friday, December 4th.



New Bus Trip Sign Up Procedure



Effective November 25th, members who are Middletown residents, can sign up for the bus trip lottery for January 2016 bus trips.

You may call or stop by any time between November 25th—December 10th to put your name into the lottery. No entries will be accepted after December 10th. The lottery drawing will take place on Friday, December 11th at 9:30am in the dining hall. You do not need to be present at this time.

All members selected in the lottery will be notified. You have until noon on Tuesday, December 15th to come to the front desk and pay for your trips. If your payment is not received by noon you will forfeit your seats and they will be offered to the next person.

December Birthday Party

Monday, December 21st at 3pm

Sponsored by Water's Edge Center for Health and Rehabilitation. **FREE**

GAME ROOM/BILLIARD ROOM

Please be advised that the Game/Billiard room will be closed from December 7th through December 18th due to the Recreation Holiday Toy Drive



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Manicures

December 18th 9-11
FREE—Pre-registration
is required. Sponsored
by Vinal Technical High School.

December 8
At 2:30pm



Games such as Jeopardy and Wheel of Fortune will be played. The maximum number of contestants each round is 20. No pre-registration required. Prizes are grocery items.



Sing-Alongs Led by Barbara Arafeh

Join Barbara for a fun
sing-along on December
15th from 12:30-1:30pm. No pre-
registration required. Come socialize, sing
and have fun! Sing-Alongs are the third
Tuesday of every month.

COMING IN JANUARY

Join us for Billiard/
Pool lessons with
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only. Fridays at
1pm.

